

MARAUDER



Serving the Mildenhall community since 1971
Best in Air Force 2002

Vol. 17 No. 45



Under wraps
Hidden Heroes shine as
base mission gets delivered



PHOTO BY STAFF SGT. CINDY DORFNER

Marisol Kingsbury, volunteer, straightens clothes at the Community Closet. Kingsbury has helped at the Community Closet for two years and donates about 14 hours a week between the Community Closet and Thrift Store. People interested in volunteering at either place should call Kingsbury at 238-2670.

Volunteer! Be a 'hidden' hero

By **COL. RICHARD T. DEVEREAUX**

100th Air Refueling Wing commander

OK ... we're approaching another holiday season. It's time to remember one of those resolutions you made to yourself last year. Wasn't one of them "Next year I'm going to spend some time helping others ... that'll help me get into the holiday spirit!"? Well "next year" is here, it's time to act! I encourage each of you to sign up for one of our many volunteer activities here at RAF Mildenhall.

Many base organizations can use your help. You can help prepare Thanksgiving dinners, volunteer to pitch holiday mail at the post office, get involved with present wrapping for Santa's Store, help with Angel Trees at the BX, Toys for Tots, or help local community charities with the holidays. Even something as simple as volunteering to plan your unit's holiday party is a great way to get involved.

Fact is that volunteering is a

fundamental component of one of our Air Force Core Values — "Service Before Self." Our Commander-In-Chief, President George W. Bush, encouraged all Americans to give a minimum of 4,000 hours of community volunteer service over the course of a lifetime.

Thankfully, Team Mildenhall volunteers have put a huge dent into that 4,000-hour challenge. Last year, base

volunteers saved us more than \$1 million in hourly wages by donating their time (minimum wage x 200,000-plus hours). Frankly, we could not do our mission without the volunteers who selflessly donate their precious time each year.

Recognizing these "Hidden Heroes" is one of our new Combat and Special Interest Programs at RAF Mildenhall. You'll notice an article on Pages 14 and 15 describing this program and our efforts to show our appreciation for all of the great work our volunteers do on and off the base.

So ... stop reading and start doing. Be one of our RAF Mildenhall Hidden Heroes!

FROM THE TOP

Cover Left to right: Staff Sgt. Wayne Burton, British Territorial Army 87 and 88 Regiment, Jessica Palumbo, postal volunteer, and Airman 1st Class Sara Strayer, 100th Communications Squadron, sort and pitch mail at the RAF Mildenhall post office. (Photo Illustration by Airmen 1st Class Blake Feig and Franklin Perkins)

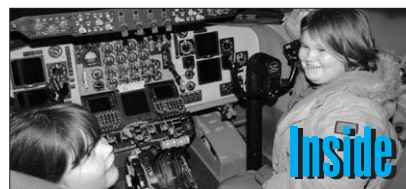


PHOTO BY SENIOR AIRMAN MEGHAN GEIS

13 Olivia Grosvenor, right, and sister Molly, check out the KC-135 simulator during the base's sixth Pilot-for-a-Day event.

Contents

4 Team Viewpoint Commander suggests prioritizing time, values and family.

7 News Career development courses play an important part of promotion testing.

26 Brits Bits Pub signs often tell interesting stories of the history of the pub.

Safety tip of the week

Allow enough time. Trips can take longer during winter than other times of the year, especially if you encounter storm conditions or icy roads. Get an early start and allow plenty of time to reach your destination.

— Courtesy of the 100th Air Refueling Wing Safety Office

The Marauder is printed by Forest Publishing (E.A.) Ltd., P.O. Box 31, Haslemere, Surrey (01428) 609920, a private firm in no way connected with the U.S. Air Force and is under exclusive written contract with the 100th Air Refueling Wing.

This commercial enterprise magazine is an authorized publication for members of the U.S. military services overseas. Contents of the magazine are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DoD, Department of the Air Force or Forest Publishing of the products or services advertised. Everything advertised in this publication shall be made

available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or any nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 100th Air Refueling Wing public affairs office at RAF Mildenhall, Bury St. Edmunds, Suffolk IP28 8NF.

Office hours are weekdays from 7:30 a.m. to 4:30 p.m., and the editor can be reached at 238-2654. All photos are U.S. Air Force photos unless specified otherwise.

Photo requests must be worked through the editor. Deadlines for articles is 5 p.m. Thursday for the following week's edition.

To place an ad call (01295) 738674. E-mail story submissions to: Marauder@mildenhall.af.mil.

STAFF

COL. RICHARD DEVEREAUX, COMMANDER
COL. STEPHEN SPENCE, VICE COMMANDER
CAPT. SHANE BALKEN, PA CHIEF
1ST LT. ROSAIRE BUSHEY, DEPUTY CHIEF
2ND LT. GLORY SMITH, COMMUNITY RELATIONS CHIEF
MATT TULIS, RESOURCES CHIEF
STAFF SGT. CINDY DORFNER, NCOIC
STAFF SGT. CHUCK MARSH, MEDIA RELATIONS
AIRMAN 1ST CLASS STACIA ZACHARY, EDITOR
KAREN ABEYASEKERE, INTERNAL INFORMATION
KAREN BROWN, SECRETARY

Prioritize time, values, family

BY LT. COL. JAY SCHAEUFLE

100th Logistics Readiness Squadron commander

Some days you just want to go to the nearest window, lean out, and yell "I give up!"

Our desire "to do right" is often stressful as we navigate within the clouds of competing commitments: spiritual, families, friends, jobs, careers, professional development, community and self.

With all these commitments just how do we prioritize among the things we feel pressured to do? The truth is there will never be time to do everything. We are limited by the number of minutes in the hours of each day. The answer then must be in identifying the right things to do.

How do you spend your time? Most of us have never analyzed how we spend the precious hours of each day. Some of us feel as though we are over scheduled, while others feel that they have nothing to do and are bored. Regardless of the grouping you fall into, here is a good exercise to help you determine how you are spending your life. It is also a tool to help you take control of the time you have. Perhaps it could help you adjust your daily routines to spend more time to reach a personal or professional goal?

Time wasted is never replaced.

Start by looking at each day of your weekly schedule. On it add in time for sleep. Next put in your normal work hours and time spent commuting to/from work. Do you schedule family time or meals with your significant other? If so, add them in. What about exercise? Now block out the time you want to spend on your other competing commitments.

Easy? You now have a baseline of your planned schedule.

Now think about these questions. "If I had two additional hours each day, how would I spend them?" It's easy for most of us to come up with things to spend more time doing. Answer the more difficult question, "If I had two less hours each day, what would I not do, or do less of?" It is easy to say yes, but it is difficult to say no to demands for our time.

Are we frequently spending time reaccomplishing or correcting items that were not done right the first or second time? Are we spending time accomplishing things that someone else is accountable for? All organizations and institutions depend on the discipline of members to be answerable for outcomes and results of their actions. Is your time better spent mentoring, training or communicating expectations? Service

before self does not mean doing someone else's job. Where there is no accountability, non-performers will thrive.

For the next week keep track of interruptions to your schedule. Make a note of things that came up and required changes to your planned activities. Did an unscheduled meeting or unexpected requirement result in you staying late or making a mad dash to the BX for supplies to finish a project?

Now at the end of the week go back and examine where your priorities were. Did you get to the extra thing that you previously identified that you would do if you had time? Where did you absorb the interruptions?

A close examination of how we spend our time is a reflection of not just our life today, but our future. Where were our priorities? These are tough questions that many service members with families find hard to face.

I imagine it was competing commitments that led Dwight D. Eisenhower to say, "No man can always be right. So the struggle is to do one's best, to keep the brain and conscience clear, never to be swayed by unworthy motives or inconsequential reasons, but to strive to unearth the basic factors involved and then do one's duty."

ACTION LINE

New bulletin board edition

Q Is it possible to make a bulletin board on the local area network detailing common interest events and functions for the RAF Mildenhall community?

A Thank you for your inquiry. The 100th Communications Squadron is investigating the establishment of a common interest folder on the Microsoft Outlook public bulletin boards. The 100th CS is responsible for the operation and maintenance of these electronic bulletin boards.

However, a few problems arise with the possible content of such postings. An office of primary responsibility needs to be identified to ensure inappropriate or questionable activities are screened.

We will need to coordinate a review process with several base agencies.

For more information on the base's network requirements and policies, call the 100th CS Network Control Center at 238-2925/2546 or visit them at Bldg. 582.

The Commander's Action Line is a direct avenue to me addressing your issues, complaints or suggestions. When normal chain of command policies have not been able to resolve your concerns, e-mail the Action Line to action.line@mildenhall.af.mil, mail to 100ARW/PA, Unit 4890, Box 190, APO AE 09459, or call 238-2426.

Callers may remain anonymous. Matters of base-wide importance may be published in the Marauder.



Col. Richard T. Devereaux
100th Air Refueling Wing commander

U.K. issues new visa, immigration rules

By MAJ. MICHAEL O'CONNOR

3rd Air Force legal office

As some of you have already experienced, the United Kingdom government has recently instituted changes to its immigration procedures that could affect numerous United States civilian and military employees and their dependents stationed in the United Kingdom.

On Aug. 1, the Immigration and Nationality Directorate of the British Home Office began charging fees to anyone who applied to have their visa stamp extended.

While the IND has stated that active duty military members are exempt from such immigration controls, members of the civilian component and the dependents of both active duty and civilian component members, are not exempt.

If a member of the United States civilian component extends their assignment in the United Kingdom, that employee and all family members, must apply for "leave to remain" from the Home Office, which incurs a £155 fee if submitted by mail, or £250 for same day service if submitted in person.

Likewise, if an active duty member extends in the United Kingdom, all family members will need to apply for leave to remain.

A primary applicant, such as a parent, can submit the application in

their name and list all other dependents on the same application form. In this way, only one application fee is required.

Officials from the 100th Comptroller Squadron confirmed the joint travel regulation and joint federal travel regulation allow for reimbursement of certain individuals who must pay a visa application fee due to an extension of the sponsor's assignment to the United Kingdom.

At this time, reimbursement will only be available for appropriated fund employees, their dependents and dependents of active duty personnel who

have currently extended to stay within the United Kingdom.

Other organizations are researching whether their employees will be entitled to reimbursement for visa fees.

Individuals who need to apply for a visa extension/leave to remain should go the Home Office website provided at the bottom of the page. Answer "yes" to the question, "Are you currently residing in the United Kingdom?" and hit the link to "application forms," where you can download the form FLR(O).

Be forewarned — this is a lengthy form.

While we are seeking to have simplified procedures approved for U.S. military members, the form must be carefully completed in its entirety at the present time, as the Home Office has rejected applications missing information.

In addition to the new fees discussed above, a new set of immigration rules took effect Thursday, though there will be a two-month grace period before they are fully enforced.

Under these rules, individuals who apply for leave to remain in the United

Kingdom due to a tour extension will receive a United Kingdom residence permit, rather than the current ink stamp in their passport, though we understand the same application form and fees will apply.

More significantly, however, these new rules

will require all dependents and civilian component members of the United States visiting forces to obtain entry clearance prior to traveling to the United Kingdom if intending to remain here for more than six months.

The precise procedures and fees for obtaining entry clearance are being developed by United Kingdom visas and will be publicized as soon as available through military personnel and civilian personnel offices.

For more information on visa requirements, visit the Home Office Web site at www.ind.homeoffice.gov.uk/.



VISA APPLICATIONS

NEWS BRIEFS

Bazaar

The Enlisted Spouses Club's yuletide bazaar is 2 to 8 p.m. today, 10 a.m. to 7 p.m. Saturday and 11 a.m. to 4 p.m. Sunday in Hangars 711 and 772. The bazaar is open to ID cardholders only.

For more information, call 01842-820216.

MoD supervisors training

Training for supervisors of Ministry of Defence employees is Tuesday from 9 a.m. to noon at the professional development center.

Topics include laws of employment, leave and sickness, applying to MoD civil servants.

For more information, call Christina Switzer at 238-4063.

BX closure

The RAF Lakenheath base exchange has moved to RAF Feltwell while renovations are made to the main exchange and shopping mall.

The temporary exchange is in Bldg. 72, Hangar 3 (to the right of the furniture store), with concessions being located in portacabins adjacent to Bldg. 72.

Renovations include new flooring, lighting, wider aisles and air conditioning, as well as two new eating establishments.

The renovations are estimated to take one year to complete.

NCO Academy graduation

Congratulations to the following members who graduated from the Kisling noncommissioned officer academy Nov. 7: Tech. Sgt. Davina Hill, 100th Logistics Readiness Squadron; Tech. Sgt. Kyle Sauls, 321st Special Tactics Squadron; and Tech. Sgt. Michael Hogan, 423rd Air Base Squadron.

Weight room closure

The fitness center's weight room closes for renovations Monday to Nov. 28. Volunteers are required to help move equipment.

To volunteer, call Master Sgt. Jeremiah Lee, fitness center director, at 238-2349.

Not just another slap on the wrist —

United Kingdom places ban on cell phone use while operating a vehicle

By **DAVE FEEHAN**

3rd Air Force legal office

As of Dec. 1, it will be a specific offense in the United Kingdom to use a hand-held phone, or similar device, when operating a motor vehicle.

The penalty is a minimum £30 fixed penalty or up to £1,000 upon conviction in court (£2,500 for drivers of goods vehicles, buses or coaches). However, the penalties will increase in the near future. The minimum penalty could soon increase to a minimum of £60 for the first offense. The new legislation (Statutory Instrument 2003 No. 2695) is being introduced as an amendment of the Road Vehicles (Construction and Use) Regulations 1986.

The regulations apply to "hand-held phones" or similar devices.

What does this mean? A "hand-held device" is something that must be held at some point during the course of making or receiving a call.

A device is similar to a mobile phone if it performs an interactive communication

function by transmitting and receiving data.

For example, sending or receiving text messages, images on video phones and providing internet access are all prohibited by this new statute.

Hands-free phone equipment is not prohibited by the regulation provided the phone can be operated without holding it.

In addition, pushing buttons on a phone while it is in a cradle or on the steering wheel is not prohibited provided you don't hold the phone.

However, be aware that drivers will still risk prosecution (under careless or dangerous driving offenses) when using hands-free phones while driving if they fail to have proper control of the vehicle.

When can you use your hand-held mobile phone in a car?

It will first be necessary for you to have safely pulled off the road and have stopped before using the phone. Using the phone while stopped in a traffic jam or at a red light will be an offense under the regulation.

The regulation also makes an exception when there is a genuine emergency and when it is unsafe or impracticable to stop in order to make the call.

For example, calls to the police, fire, ambulance or other emergency service to 911 (for base emergencies) and 999 (in the United Kingdom) are not prohibited under the regulation.

Finally, the regulation also makes an exception for "two-way radio equipment."

The use of two-way radios (unless the device can also be used as a phone) is not prohibited under the regulation.

However, the driver using a two-way radio may be at risk of prosecution, if such use causes careless or dangerous driving.

What does this mean to you?

Do not drive and use a mobile phone unless there is a genuine emergency and you are unable to safely pull off the road and stop prior to making the call.

For more information, visit the United Kingdom Department of Transport Web site at www.thinkroadsafety.gov.uk.

Safety kicks off winter campaign

By **1ST LT. ROSAIRE BUSHEY**

100th Air Refueling Wing public affairs

After the successful kick off of the Operation Street Smart campaign, Team Mildenhall's safety Tiger Team has initiated a monthly focus for its program to help eliminate traffic accidents.

The theme for November is: Winter Driving: Just Slow Down, Drive to Arrive. A slideshow currently on display at the BXtra offers a glimpse of winter hazards and driving safety tips.

"What we're hoping to do with this program and the campaigns that follow is to create a safety culture, where people think about safety intuitively," said Tech. Sgt. John Arquette, chairman of the

team's monthly theme program.

"The fact is that winter here, even without snow, is far more dangerous than people might expect. Black ice and poor visibility are two things that can turn an ordinary drive into a life-threatening event if people don't slow down and take the extra precautions necessary under those conditions."

Some winter driving tips include:

- ✍ Ensure your vehicle is in good working order and check oil, anti-freeze, and windshield wiper fluid levels.

- ✍ Make sure your high and low beam lights work, as well as fog and brake lights.

- ✍ Also check and repair or replace the following: Tire pressure, heaters, defroster and windshield wipers.

- ✍ Use low beams in fog.

- ✍ Slow down.

- ✍ Increase following distance.

- ✍ Defrost car windows before driving.

- ✍ Leave earlier.

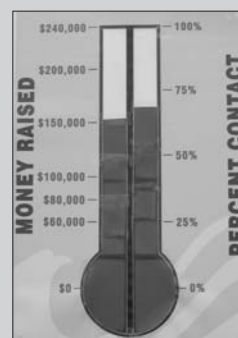
For more information on driving safety tips during winter weather, log on to the Intranet at dotmildenhall/ and click on the Street Smart link.

Base approaching 2003 CFC goal

The 2003 Combined Federal Campaign drive ends Dec. 10 and Team Mildenhall is nearing its goal of 100 percent contact.

Last year, the CFC gathered more than \$235,000 in contributions. So far this year, donations total more than \$166,000.

For more information on CFC or to donate, call 2nd Lt. Boris Shif at 238-8643 or 2nd Lt. Sean Smiley at 238-6969.



CDCs essential part of WAPS testing, promotion cycle

By BRIAN DONNELLY

100th Mission Support Squadron

Each year, an initial issue of career development courses is provided to members the first time they become eligible for promotion. After the initial issue, members only receive changes to previously issued material -- if changes were made.

For example, if a new volume or supplement is printed, this new material is sent to the member to add to the previous year's material. Individuals must maintain issued CDC material for next year's testing until superseded or no longer needed.

Unit commanders may request replacement material for members if they lose or destroy their CDCs due to reasons beyond their control. Individuals losing or failing to follow up on obtaining their CDCs through their own negligence can purchase a set of replacement material for a nominal fee.

Ultimately, the responsibility for obtaining the required study reference

still rests with the eligible member.

Eligible members are responsible for:

- ◆ Knowing when they are eligible for promotion.

- ◆ Personally reviewing the WAPS Catalog to identify reference requirements.

- ◆ Ensuring they obtain and study the correct references.

- ◆ Promptly (before the start of the testing cycle) contacting their WAPS monitor when CDCs are not received or are incorrect.

- ◆ Maintaining the issued material until it is superseded or no longer needed. They must fully justify their request to the unit commander for a re-issue if no follow-up action is taken on non-receipt or they didn't maintain the precious issued material.

- ◆ Ensuring they receive at least 60 days study time with the required referenced.

- ◆ Be prepared to test (in military uniform) on the first day of the testing cycle.

The WAPS catalog can be found at

www.afpc.randolph.af.mil/testing.

For more information, call promotions at 238-5306 or testing at 238-5288.

Testing for E-8

To be eligible for promotion testing, the following criteria must be met:

- ◆ Date of rank on or before July 1, 2002.

- ◆ Total active federal military service date on or before March 1, 1994.

- ◆ Total estimated military service date on or before March 1, 1997.

- ◆ High year tenure March 2004 or later.

- ◆ No projected retirement effective before April 1, 2004.

- ◆ Promotion eligibility cutoff date was Sept. 30.

Test dates:

The testing window for cycle 04E8 is Jan. 12 to 24.

FOD warriors — on the front line of mishap prevention

By CAPT. MICHELLE HALL

727th Air Mobility Squadron

Foreign Object Damage. These three words can create dread in the hearts and minds of U.S. Air Force flight line personnel everywhere. FOD can force an emergency landing and an aborted mission. FOD can trash an aircraft engine in a second and in the worst-case scenario, FOD can kill.

Effective local FOD prevention programs across the Air Force have saved countless dollars in damage to aircraft and equipment.

For the past three years, one unit here has been dominating the Team Mildenhall FOD program by winning numerous awards.

Their enthusiasm and creative approach in implementing the 727th Air Mobility Squadron program has led to increased attention as well as some interesting FOD finds along the way.

Each week, Tech. Sgt. Timothy Hooper and Staff Sgt. Nathan Quigley, the FOD warriors assigned to the 727th AMS logistics flight, organize a squadron-wide FOD walk. While FOD can and should be found and collected at any time, these FOD walks serve as a formal process to get folks from the entire squadron out onto the flight line and onto the FOD frontline.

Quigley said these weekly FOD walks are one of the reasons the program has been so successful.

"We try our best to keep it interesting on the FOD walks," he said. "Every so often we secretly place free movie passes, free food coupons for the food court or even money somewhere out on the flight line for people to find."

These beneficial FOD finds not only serve to increase participation but they emphasize attention to detail as folks search for these prizes or for the "golden bolt," which grants the finder a one-day pass.

These AMS weekly FOD walks have provided some interesting FOD finds — one of the most interesting was a desk.

"A whole desk was actually turned in to us that was found on the road that runs between Hardstands one and two, just inside the flight line entry control point," said Quigley.

The AMS FOD warriors photograph and document each FOD find and the best find for the quarter is submitted at the 100th Air Refueling Wing quarterly FOD working group meeting for points. The best FOD find from all submissions is declared the winner and that unit is given additional points. These points, added to points awarded for other FOD initiatives such as posters or campaign ideas, are totaled. The unit with the most points each quarter is recognized. Each quarter's points are totaled for the annual awards. Over the past three fiscal years, the 727 AMS FOD Warriors have won more than 20 separate awards, including the FOD Prevention trophy award for FY 2001, 2002 and 2003. Their success is due to the formalized FOD walks and to their unique FOD campaign ideas.

Technical Sgt. Derick White, 100th ARW FOD monitor, explained increased competition between the units to win the FOD awards is helpful for the entire program.

"The more units out there looking for FOD, the better our FOD prevention program," he said.

Team Mildenhall gets first female pilot-for-a-day

By 2ND LT. GLORY SMITH

100th Air Refueling Wing public affairs

Ten-year-old Olivia Grosvenor from Weyborne on the Norfolk coast swore in as the base's sixth Pilot-for-a-Day Nov. 7.

"When Olivia was 3 years old, she was diagnosed with a rare brain tumor that's not fully operable," explained her mother, Judy Fowler, who accompanied Olivia along with her sister, Molly, and family friend, Anthony Walsh.

"She has guts and determination and she won't give up. But it's been hard on her."

Receiving a prognosis that she'd live one to five years, Olivia has beaten the odds.

"She's obviously a fighter," said Fowler. "We tend to treat every day as a bonus."

Promising to "ask questions, smile and have as much fun as military regulations allow," Olivia jumped into a flight suit and began her adventure with her host pilot, Capt. Jason Walls, Team Mildenhall member.

Olivia first visited the fire

department, where she met with "Sparky" the Fire Dog and received personal training on the trucks, water hose and firefighter apparel.

After lunch with Col. Stephen Spence, 100th Air Refueling Wing vice commander, and Squadron Leader James Savage, RAF Mildenhall station commander, members of the 100th Security Forces Squadron escorted Olivia in a squad car to their weapons training system where she "shot lots of bad guys."

"It's a once in a lifetime opportunity! I really like flying!" exclaimed Olivia after her tour of Team Mildenhall's four permanently assigned aircraft — KC-135, C-130, MH-53 and UC-12 — and a flight in the KC-135 flight simulator.

"It went around and around. It was fantastic... really cool!" she said.

The quarterly Pilot-for-a-Day program began here in January 2002 and focuses on fulfilling aviation dreams of children with serious or chronic illnesses.



PHOTOS BY SENIOR AIRMAN MEGHAN GEIS

Above, Col. Dennis Jones, 352nd Special Operations Group commander, presents Olivia Grosvenor a squadron coin, along with her citation and oath. She swore to "ask questions, smile and have as much fun as military regulations allow," as Team Mildenhall's sixth Pilot-for-a-Day Nov. 7.

Below, As well as being an honorary pilot, Olivia got to spend some time as a firefighter, helping Airman Charles Tippet with the fire hose. Olivia also had lunch with Col. Stephen Spence, 100th Air Refueling Wing vice commander, and Squadron Leader James Savage, RAF commander, flew in the flight simulator and saw the 100th Security Forces Squadron's weapons training system.





PHOTO BY TECH. SGT. MICHAEL MORFORD

Volunteer Christine Morford sorts through the mail and distributes it to its proper place while Tech. Sgt. Toni McKinney, 100th Communications Squadron, puts the incoming mail into their respective mail slots for Team Mildenhall members.

Morford, a Team Mildenhall Hidden Hero, is just one of the volunteers who continues to help the post office accomplish its mission and help get mail delivered on time.



'Tis the season to start volunteering

RAF Mildenhall's heroes stay hidden behind piles of letters, packages, boxes by volunteering during holiday season

By Staff Sgt. Chuck Marsh

100th Air Refueling Wing public affairs

As the holiday season draws closer so does the need to get those holiday presents in the mail. This is where the men and women of the 100th Communications Squadron's post office come into the limelight and shine. But they aren't alone when it comes time to doing their duties. The post office is one of several agencies across the base who benefit with the help of those hidden heroes who dedicate their free time to helping others throughout the team.

"We have an extensive list of more than 300 positions for volunteers to choose from," said Dave Ballard, Hidden Hero base project officer. "They can also tell us what they'd like to do and we can try to arrange an appointment for them ... not too many people will turn down the help.

"This is a great example of our hidden heroes in action."

There are 23 military, one Department of Defense, five Ministry of Defence and one non-appropriated funds members assigned to the post office. There are

also three British Territorial Army members augmenting the staff until Dec. 31. But due to temporary duty assignments and other reasons, the number of military members has been cut by nearly half, just in time for the holiday season and the roughly 133 percent increase in mail volume it brings.

"We are constantly under time constraints in our effort to

meet Department of Defense mail delivery standards and even more so over the holidays. Over this period we receive an inbound mail truck seven days a week as well as double shipments on Tuesdays," said Master Sgt. Rafael Stronza, 100th Communications Squadron postmaster.

It's with the help of volunteers and overhires that the post office is able to handle to immense parcel loads.

"Having the volunteers and extra help is good," said Senior Airman Julia Stiles, 100th CS. "They do help us out a bit here. Without their help we'd be here a lot longer most days."

A lot longer means having to work extended duty hours, as post office employees don't go home until at least all the first-class mail is processed for the day.

"This past Friday we were extremely short-manned, so without the help of the volunteers we would have been here at least an extra two or three hours," said the postmaster.

Volunteers have an appreciation for the work done by the postal employees once they see how much work goes into putting out the mail.

"There is so much mail that moves through the base on a daily basis, that it bothers me when I hear the people complaining that the post office did something with their mail ... like they're hiding it in some secret room there," said Brandy Reyes, volunteer. "Lately, they've had more than 5,000 boxes moving through there, so yes it has been a bit busy, but the employees there put the mail out as soon as it arrives.

"With the holidays coming up I've heard they needed a lot of help so I started volunteering when I could and have been going as much as I can," said Reyes. "Since I've been there and seen the amount of work they do, I think the post office employees are really taken for granted. I tell people to appreciate them for their effort and hard work."

Even with all the extra hours they put in and the volunteer help, the post office is still looking for help with their heavy holiday workload.

"The mail volumes grow so much that we even have the need to create temporary mail clerk positions for folks to help us over the holiday season," said Stronza, whose employees are already working 53-plus hours a week. "We currently have 18 vacancies we would like to fill; it's mainly evenings and some weekends with the pay band being at the GS-03 level. Anyone interested in applying can contact the civilian personnel office at 238-3540."

There are many folks, though, who can't commit to employment, but still take the time out of their day to lend a hand at pitching some mail, which we really do appreciate.

"We've been trying to get the word out to folks that we can still use volunteers, we've even had the airmen from the FTAC (First-Term Airmen Center) come give us a hand and they've been a great help," said Stronza.

The post office employees don't just throw the volunteers to the wolves, they take the time to explain and show them what to do and are always close by to provide assistance if needed.

"When volunteers first come in, we provide them with an orientation of the facility, cover safety hazards and the requirements on procedures regarding the sensitivity and security required for handling the mail," said the postmaster. "We then try to pair them off with a full-time employee whenever possible and show them what's to be done."

Even with the helpful volunteers, post office employees still have been putting in extra hours to help get through their workloads. Although there are many ways the customers can help post office employees, there are also things that can be done to help themselves as well.

"To help lessen the time in line waiting to ship parcels, people should ensure they have their package correctly addressed with a "From" and "To" address as well as having the proper forms filled out correctly," said Stronza. "This includes the customs forms that are required on packages containing merchandise, even Christmas presents and should be specific; for example, two shirts, three pairs of pants, etc ..."

When it comes to shipping those holiday boxes, customers are reminded to think about the distance their parcels will be traveling and to package them accordingly.

"Something people should consider when sending boxes is packing them properly," said Stronza. "Their packages will be making a more than 3,000-mile journey so it's important to make sure they are packed well and can absorb the shock of loading, unloading and shifting in transit. Your package has to be loaded and off-loaded several times before it reaches its final destination, so you should always pack it for a bumpy ride. Another suggestion is to also put the address and contact information inside the box your mailing just in case the address gets erased or the label falls off in transit."

So, each day members go to check their APO (Air Post Office) boxes for that card or gift mom sent, they should think about the people behind the scenes who helped get that parcel from points A to B.

For more information on volunteering, call 238-5159.

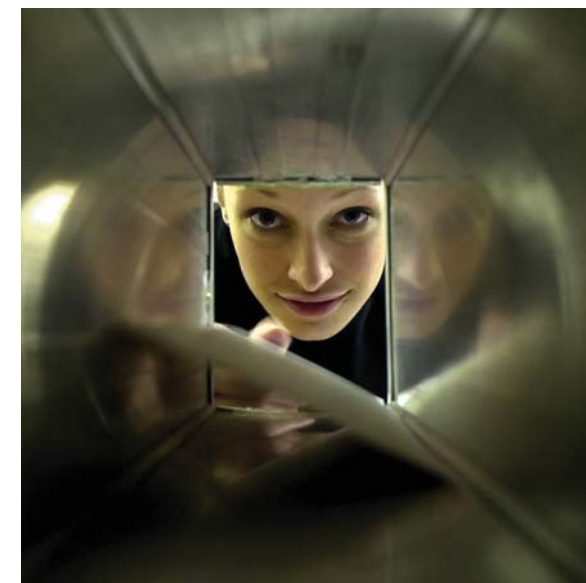
Those members interested in volunteering, but don't feel the post office is for them, can contact the family support center at 238-3406.



Senior Airman James Dyson, 100th CS, helps Capt. Jeffrey Johnson at the customer service window.



Senior Airman Jason Williams, 100th CS, deposits a box in the priority mail bag.



Airman 1st Class Denise Luska, 100th CS, places a letter in a member's post office box.



Mailing dates for the holidays

- ◆ Space Available Mail: post by Nov. 28
- ◆ Parcel Airlift: mail by Dec. 4
- ◆ Priority & First Class letters or cards: mail Dec. 11

Volunteers needed

Anyone interested in doing any volunteer work, not necessarily at the post office, can contact Dave Ballard at the family support center at 238-3406. They have an extensive list of more than 300 positions for volunteers to choose from.



a poppy for Remembrance

By SENIOR AIRMAN DEMETRIUS ALEXANDER
351st Air Refueling Squadron

Who says the sun rarely shines in England? Well, if this is true, the sun definitely showed it's true colors Sunday as it shined down on the annual Dickleburgh Remembrance Day ceremony. This ceremony is much like our American holiday called Veteran's Day.

Local townspeople of Dickleburgh gathered together along with British Veterans and the 100th Operations Group to reflect on those who have fought and died in defense of liberty.

"There has always been, and always will be, times when people lock arms and stand up for what is right and against what is wrong," said Lt. Col. Chevalier Cleaves, 351st Air Refueling Squadron commander.

As part of our heritage through our brothers and sisters of the 100th Bomb Group during World War II, we also paid homage to those who served with the "Bloody Hundredth."

In 22 months, from June 25, 1943 to April 20, 1945, more than 7,000 men flew

306 missions while stationed at Thorpe Abbots Air Field.

Overall, they were credited with 8,630 sorties, dropped 19,257 tons of bombs and 435 tons of food on mercy missions. The 100th's gunners claimed 261 enemy

aircraft shot down, 1,010 destroyed and 139 possibly destroyed.

In 1943, the average shelf life of an 8th Air Force, 100 Bomb Group B-17 crew, was only 11 missions. From 1943 to 1945, the 100th BG lost 177 aircraft in action and 52 lost due to operational accidents, making a total of 229. Although the 100th BG didn't have the highest loss rate in the 8th Air Force, its losses often came many at a time.

It soon acquired the reputation of being a hard-luck outfit and became known as the "Bloody Hundredth."

The ceremony began with a march from the local village hall to the local chapel. Veterans and widows from the 349th, 350th, 351st and 418th Bomb Squadrons, British Sea Corps, British Scouts, British JROTC, and present members from the 100th Operations Group, including Col. Bryan Benson, 100th Operations Group commander, all participated in the prestigious march.

As the flight halted in front of the cathedral, the laying of the wreaths ceremony commenced with representatives from all associations participating by



Led by Lt. Col. Chevalier Cleaves, 351st Air Refueling Squadron commander, members from the 100th Operations Group marched through Dickleburgh to the village parish chapel Sunday for a moment of silence and a wreath laying ceremony to remember the fallen soldiers of World War II and other wars.

laying a wreath at the memorial in remembrance of all who had "Fallen For Freedom."

The flight then proceeded inside the cathedral for prayer, hymns, and a sermon given by the 100th Air Refueling Wing Chaplain, Lt. Col. Frank Yerkes.

We must honor those whose footsteps we walk in and continue the tradition of strength and servitude, said Yerkes.

Once the church service was complete, the flight reformed and marched back to the village hall as the townspeople smiled, cried and waved.

The British Sea Corps and the British JROTC played cadence triumphantly as all members participating in the flight proudly marched.

This was not the typical American parade and celebration saturated with bands, cheerleaders and floats.

This was a parade and celebration of honor, history, culture and respect for the past, present and future warriors who have fought, and are fighting now, for freedom, peace and serenity.

"I was proud to once again join our host nation as we remember all those who have gone before in service to our nation," said Cleaves.

"I am thankful for their service and I am dedicated to honoring and continuing their legacy," he said.



PHOTOS BY SENIOR AIRMAN DEMETRIUS ALEXANDER

Colonel Bryan Benson, 100th Operations Group commander, salutes as the names of the fallen members from the 100th Bomb Group, known as the Bloody Hundredth during World War II, are read off during the Annual Dickleburgh Remembrance Day ceremony, Sunday. Benson is accompanied by veterans of the 100th BG.

Pub Signs

A story in the offing, an ale for quaffing

BY MAGGIE COTNER

100th Air Refueling Wing community relations advisor

In every English village is at least one pub. Many of them were formerly inns or hostelrys as far back as medieval times.

Originally, inns offered both refreshment and accommodation, some of the earliest being built to accommodate pilgrims, who were the largest single group of medieval travelers.

At a time when very few people could read or write, a pictorial sign was a practical way to advertise goods for sale.

As more and more inns opened for business, however, the signs had to become more individual and personalized in order to distinguish one hostelry from another.

Inns built near abbeys or centers of pilgrimage often made use of religious reference in their trade signs. The Crossed Keys or Golden Keys were the insignia of St. Peter, who, in medieval pictures and church statutes, can be seen holding the keys of the kingdom of heaven.

The Angel, Adam and Eve, and The Mitre all have obvious religious connotations, and The Bull was originally a corruption of the Latin word "bulla," meaning a papal declaration. The monarchy influenced the choice of inns signs too. Many signs date from the time when succession to the throne was a chancy business, and the crown could be seized by the strongest contender. How long he could hang on to it was anybody's guess.

Publicans had to ensure that they stayed on the right side of those in authority, however temporary their position, and at times, landlords of The King's Head must have been constantly changing the face on their sign. Many, no doubt, gave up, and renamed their inn The Crown, rather than risk offending anyone who happened to be wearing it at the time.

Since the monarchy and the church

between them accounted for much of the land in the kingdom, it comes as no surprise that religious and royalist signs outnumber all others. A complete coat of arms on an inn sign is a common sight.

Although many signs displaying animals are basically heraldic in origin, some stem from very different histories.

The sport of hunting gave birth to The



The Maid's Head, the only local pub in Wicken, near Ely, boasts both pub and restaurant and is one of the many public houses which dot the villages and towns throughout the United Kingdom.

Dog and Duck, The Fox and Hounds, The Hare and Hounds, The Pheasant and The Stag at Bay.

Many rural inns are named after farm stock. The Suffolk Punch is an Ipswich pub whose sign commemorates the huge heavy farm horse that was used on their land in these parts, and which can be seen in the local farm parks.

The ancient sport of falconry was responsible for such signs as the Bird in Hand, The Hawk and Duck and The Falcon.

Since some are also places of rest and refreshment for weary travelers, it's inevitable that some will refer to some aspect of travel in their signs. Before public transport became widely available, few people traveled for pleasure, simply because it wasn't a pleasure.

The Footpad and The Highwayman give some indication of the hazards commonly encountered on the roads, while he Rest and Be Thankful and The Traveler's Rest held out some hope of eventually reaching one's destination.

The coming of the stagecoach had a revolutionary affect upon inn signs, resulting in a name outbreak of Coach and Horses, Horse and Groom, and The Three Horseshoes, probably a reminder of a historical mishap.

It was the coming of the railway that caused the prosperity of the inns to decline.

In the mid-1800s, passengers deserted the highways for the railways en masse, leaving inns to close and thriving towns to dwindle, whilst thousands of grooms, cooks and chambermaids found themselves out of work.

Times have changed again, however. With widespread railway closure and the advent of the automobile, people are back on the roads again, and pubs are enjoying a fresh heyday.

The origins of many modern pub signs are obscure, so keep an eye open for interesting signs as you drive around the country.

Some local oddities are the Ax and Compasses at Arkesden, The Bess in the Wall at Whittlesford, The Five Miles From Anywhere No Hurry Inn near Ely, the Hopbine and Barley Ear in Cambridge, the Eel's Foot in Leiston and the Twenty Churchwardens in Cockley Cley.

Ask the landlord the origin of his inn's name. Most of them know, and are delighted to talk to anyone who shows an interest.

It's often a good way to break the ice when visiting a new pub.

With respect

Ezra Graham holds the flag during the flag folding ceremony Monday at the Liberty Elementary School, RAF Feltwell, to honor the men and women of the armed forces for Veteran's Day.



PHOTO BY SENIOR AIRMAN LYNNE NEVEU

EVENTS

Ely Thanksgiving service

The Ely Cathedral service of Thanksgiving is Nov. 26 at 7:10 p.m. A reception follows, featuring a pie social. Anyone wishing to contribute pies should take them to the Mildenhall or Lakenheath chapel by noon on Nov. 26. Please pre-cut pie into eight slices.

For more information, or to volunteer, call 226-3711.

Operation Season's Greetings

As part of Operation Season's Greetings, country music group "Restless Heart," Andy Andrews, comedian, and four New England Patriots cheerleaders, will perform at Hangar 7, RAF Lakenheath, Nov. 29.

"Restless Heart" will be at the RAF Mildenhall BXtra Nov. 28 from 3 to 5:30 p.m. to sign autographs.

For more information, call 226-3064.

Support group for families of special needs children

The support group for families of children with special needs has a meeting from 6:30 to 8:30 p.m. Wednesday at Bldg. 611 (next to hourly daycare), RAF Lakenheath. A sibling support group will be held at the same time.

All school age children are welcome to attend the sibling support group.

For more information, call Joy Halog at 226-8926.

Babysitter's class

The American Red Cross hold a babysitter's class Nov. 22 from 10 a.m. to 5 p.m. Successful participants will be certified in rescue breathing, caring for infants and children, first aid and emergency response.

The cost is \$32 and includes a babysitter's handbook and first aid kit.

For more information, or to sign up, call 238-2107.

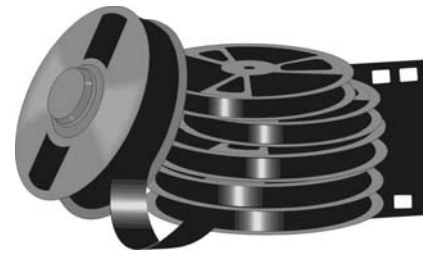
FAMILY SUPPORT

A **resume workshop** is Monday from 2:30 to 4:30 p.m. and provides information on how to build your resume.

Smooth move is Monday from 8:45 a.m. to 12:30 p.m. at the Bob Hope Community Center. The class is aimed at members within six months of their date eligible for return from overseas and brings together representatives from various base agencies.

PCS'ers chapel dinner is 6 p.m. Thursday at the chapel and is free to departing and newly arrived personnel. This is not a religious function.

Sign up is required for all FSC classes. For more information, call 238-3406.

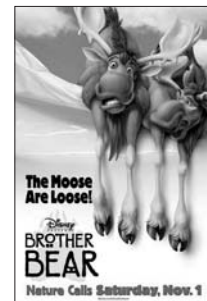


At the movies

MILDENHALL

Today

6:30 p.m. **"Brother Bear"** (G) Set against the natural splendour of the Great American Northwest, the film tells the story of a boy named Kenai, whose life takes an unexpected turn when the Great Spirits transform him into a bear — the creature he hates most. Befriended by a bear cub named Koda, Kenai sets out to regain his human form while pursued



by his brother on a mission of revenge and family honor. (Animated)

9:30 p.m. **"The Medallion"** (PG-13) A Buddhist monk child and a mysterious medallion cause all kinds of problems for a Hong Kong detective, especially when he has to protect them from a ruthless crime lord. (Stars Jackie Chan)

Saturday

3 p.m. **"Brother Bear"**
6:30 p.m. **"Santa Clause 2"**
Sunday
3, 6:30 p.m. **"Brother Bear"**
Monday
6:30 p.m. **"Seabiscuit"** (PG-13)
Tuesday
6:30 p.m. **"The Medallion"**
Wednesday
6:30 p.m. **"Uptown Girls"**
Thursday
6:30 p.m. **"The Medallion"**

LAKENHEATH

Today
6:30 p.m. **"Santa Clause 2"** (G)
9:30 p.m. **"Freddy vs. Jason"** (R)
Saturday
3:30 p.m. **"Radio"** (PG) A mentally challenged man transforms himself — with the help of a high school football coach — from laughing stock to beloved figure in a small town. (Stars Cuba Gooding Jr.)



6:30 p.m. **"Freddy vs. Jason"**
Sunday
3:30 p.m. **"Santa Clause 2"**
6:30 p.m. **"Radio"**
Monday
6:30 p.m. **"Freddy vs. Jason"**
Tuesday
6:30 p.m. **"S.W.A.T."** (PG-13)
Wednesday
6:30 p.m. **"S.W.A.T."**
Thursday
6:30 p.m. **"Radio"**

Are you PUMPED?

By AIRMAN 1ST CLASS STACIA ZACHARY

100th Air Refueling Wing public affairs

A world record and several 1st place trophies were taken by two RAF Mildenhall and Lakenheath airmen during the 2003 World Drug Free Powerlifting Federation held in St. Petersburg, Russia, Oct. 18 and 19.

Seasoned contenders John Dietle, 100th Aircraft Maintenance Squadron flightline expeditor, and Michael Lelieart, 48th Services Squadron, filled slots to round out the U.S. Powerlifting Team.

Along with three other teammates, Dietle and Lelieart went head to head with teams from England, Ireland, Wales, Belgium, Russia, Moldova, Italy and Australia.

The federation limits those who participate in their competitions from the use of specific ingredients found in nearly all supplements.

This essentially bars competitors from the use of most products on the market targeted to promote muscle

growth, fat loss and increased muscle definition.

The WDF powerlifting championships are comprised of both assisted and unassisted events.

The assisted or equipped events are those allowing participants the use of supportive gear such as weight belts.

Commonly known as raw lifting or unequipped, unassisted lifting events sees the athletes hefting weight using only their own strength and grit.

Powerlifting, although not typically noted for its style, is a sport requiring hours of conditioning the muscles and increasing strength and technique.

"We hit the gym several times a week," said Dietle. "The ability to lift large amounts of weight doesn't come naturally to most people and you need to work your body up to a goal weight and make sure you don't rush yourself and end up with an injury."

Many athletes train continuously and the results are not always positive.

"Sometimes your training choices result in negative rather than positive improvement," said Lelieart. "It's very difficult to self assess what in your training regime is contributing to the

losses. But, if you have support from your teammates, that roadblock can be overcome."

So, with their bodies conditioned to heft excessive amounts of weight, the U.S. Powerlifting team set off for Russia.

Representing Team USA in the 275 pounds (125 kg) weight class, Dietle succeeded in winning first place overall equipped and clinched two

more first prize trophies for overall military/fire/police equipped and unequipped categories.

The average amounts Dietle lifted during the competition were 720 (327 kg) pounds squatted, 410 (186 kg) pounds benched and 660 pounds (300 kg) deadlifted.

"Although my strength lift is the squat, my bench is slowly improving," said Dietle. "But my goal for the future is to break the 1,800-pound total with a 750-pound squat, a 430-pound bench and a 660-pound deadlift."

Next up, competing in the 242 pounds (110 kg) weight class, Lelieart took first place overall in the equipped class. On another impressive note, he also set world records in the equipped and unequipped for his weight class.

Lelieart's average weight lifted was 475 pounds (125 kg) squatted, 330 pounds (150 kg) benched and 565 pounds (256 kg) deadlifted.

"My hat goes off to Mike [Lelieart] for doing such a great job in his first 'big time' meet," said Dietle. "Although he is not new to the powerlifting world, he worked very hard to achieve his goals but I think he has a lot more in him so look for great things from him in the future."

While deployed in support of Operation Iraqi Freedom, Lelieart says he plans on using his free time to continue training for competitions once he returns.

"I would have loved to attend the upcoming meet in Italy but my military obligations come first," said Lelieart. "But I will do my best to stay in top form and when I return, I'll be ready for the meet at Spangdahlem in February."

Overall, the five-man group took on several teams from around the world and succeeded in finishing in the top three in both the assisted and unassisted divisions.

"Whenever a team experiences as success like this, the next competition cannot come soon enough," said Dietle. "Our only goal is to keep improving while enjoying what we do: powerlifting."



PHOTO BY AIRMAN 1ST CLASS STACIA ZACHARY

John Dietle, above left, spots Michael Lelieart as he prepares to lift 500 pounds. The pair recently competed in the 2003 World Drug Free Powerlifting Championships held in St. Petersburg, Russia, as members of Team USA.